



Vital Living News

July 2022

Vital Living supports an intergenerational community that values and respects everyone, increases understanding and engagement, and focuses on health and well-being for all generations.

Summer Adventures Await

Summer is here! It is time to get out and enjoy some of the beautiful days ahead.

If you are looking for places that are fun for all ages, accessible, dementia friendly, and no or low cost, we have some suggestions:

- Minneapolis Institute of Arts: Discover Your Story Tours. Free tours designed for small groups of visitors with memory loss and their care partners. Click here to learn more, [Minneapolis Institute of Arts dementia friendly tours](#).
- Minneapolis Parks and Rec hosts Music and Movies in the Parks. Since 1892, Music in the Parks has provided residents and families opportunities to gather and enjoy free local entertainment throughout the summer. Various locations. Concerts vary from classic rock, jazz, hip hop, folk, classical, concert bands, and many more genres of music to please all ears. [For schedule, click here](#).
- Como Park Zoo and Conservatory Senior Strolls. Advanced reservations are needed, but once a month enjoy the grounds before the general public for free. [Como Park Senior Strolls](#).

Sincerely,
The Vital Living Team

612-787-4086 | VitalLiving@esns.org

Vital Living is supported in part by a Live Well at Home grant from the MN

In This Newsletter

- Events:** Lifelong Learning
- Caregiving:** Gain Emotional and Practical Support
- Classes:** Maintain your Well-being
- Engagement:** Connect through Volunteering
- Resources:** Tools for Staying Independent

JULY 2022						
M	T	W	T	F	S	S
JUN 27	28	29	30	JUL 1	2	
	10:30-11:30A Your Fitness Goals	10:30-11:30A Enhancing Memories	10:30-11:30A Vital Fitness - In Person	10:30-11:30A Vital Fitness - In Person	10:30-11:30A Vital Fitness - In Person	10:30-11:30A Vital Fitness - In Person
4	5	6	7	8	9	10-11a
4TH OF JULY EVENTS CLOSED		10:30-11:30a Memory Memories	10:30-11:30a Vital Fitness - In Person	10:30-11:30a Vital Fitness - In Person	10:30-11:30a Vital Fitness - In Person	10:30-11:30a Vital Fitness - In Person
11	12	13	14	15	16	
10:30-11:30a Tai Ji Exercise	2-3p Care for Caregivers: Building Resilience & Self-Care	10:30-11:30a Memory Memories	10:30-11:30a Vital Fitness - In Person	10:30-11:30a Vital Fitness - In Person	10:30-11:30a Vital Fitness - In Person	10:30-11:30a Vital Fitness - In Person
18	19	20	21	22	23	
2-3p Tai Ji Exercise	2-3p Caregiver Support Group	10:30-11:30a Memory Memories	10:30-11:30a Vital Fitness - In Person	10:30-11:30a Vital Fitness - In Person	10:30-11:30a Vital Fitness - In Person	10:30-11:30a Vital Fitness - In Person
25	26	27	28	29	30	
10:30-11:30a Tai Ji Practice	2-3p Care for Caregivers: Risk & Reflection	10:30-11:30a Memory Memories	10:30-11:30a Vital Fitness - In Person	10:30-11:30a Vital Fitness - In Person	10:30-11:30a Vital Fitness - In Person	10:30-11:30a Vital Fitness - In Person

KEY @ classes: Maintain your Well-being | 🏠 Caregiving: Gain Emotional & Practical Support | 🧠 Events: Learning & Engagement | 📖 Question/Contact: Call for details: VitalLiving@esns.org | EAST SIDE Neighborhood Services

View Vital Living Monthly Calendar

Can music help someone with memory loss?

Research suggests that listening to or singing songs can provide emotional and behavioral benefits for people with Alzheimer's disease and other types of dementia. Mayo Clinic article below.

[Click here to learn more](#)

Vital Living Events

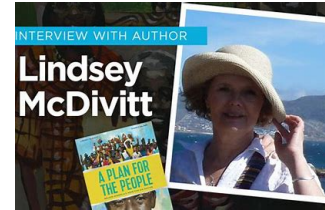
Reimagining Aging Book Club

2nd Saturday of the Month | 9:00-10:00 AM

Via Zoom

Enjoy reading and looking for a friendly group to be a part of?

Bring your coffee and join our discussion each month of engaging and enlightening books about what it means to live a vital life today. As we live more days, we reframe the idea of aging as opportunity — the opportunity to reach out to other generations, share wisdom, and learn new ways of living in the world.



July 9 Special Time 10:00-11:00am Lindsey McDivitt, writer and advocate for intergenerational understanding will join us for a conversation about writing children's books with anti-ageist messages and the importance of creative pursuits after age 60. [To learn more about Lindsey, click here.](#)

[To register, click here](#)

August 13: Semi-Annual Open Book Chat. Share what you are reading, favorite bookstores, travel ideas, and any other congenial topic on your mind. We hope you can join us.

[To register, click here.](#)

Questions? Contact 612-787-4086 or VitalLiving@esns.org

Haven't read the book? Still come and check us out. New to Zoom? We can help you get connected.

Fall Session registration opens next month! Save the 2nd Saturday morning on your calendar now.

Vital Living Caregiving

NEW! Care for Caregivers Series

Weekly on Tuesdays | 2:00 PM-3:00 PM

Make time for yourself on Tuesdays.

Caregiving is stressful and it is difficult at times. Recharge, learn, connect, and reflect each week with a community that understands the commitment of caregiving.

July 12th | Building Knowledge & Skill via Zoom

July 19th | Caregiver Support Group via Zoom

July 26th | Rest & Reflection via Zoom and In-Person

1st Tuesdays | 2:00 PM-3:00 PM

Self-Care Practice

In-Person at East Side

Practice self-care by learning gentle movements and techniques to help stay healthy and grounded.

2nd Tuesdays | 2:00 PM-3:00 PM

Building Knowledge and Skills

Via Zoom

Special guests joining us to share valuable skills and information we can use to be healthy and effective caregivers.

3rd Tuesdays | 2:00 PM-3:00 PM

Caregiver Support Group

Via Zoom

Join our welcoming Caregivers Support Group on Zoom and be a part of a small community of caregivers, sharing stories and support relevant to caregivers daily lives.

4th Tuesdays | 2:00 PM-3:00 PM

Rest & Reflection

Via Zoom and In-person

Slow down and breathe, experience guided meditation and writing, and take a few moments to rest and reflect.

We hope you will get in the habit of joining us on Tuesday afternoons, for any or all of the programs!

For more info, contact Shay at 612-787-4076 or SMacKay@esns.org.

NE Day Spot

Respite In-Person

Weekly on Fridays | 10:00 AM-1:00 PM

NE Day Spot is a gathering place for those with mild to moderate memory loss or other chronic health conditions to be in community while caregivers have a reliable break each week.



Enjoy gathering together with art, music, conversation, and movement alongside volunteers, participants, and Vital Living staff.

Every Friday, this event aims to be a safe space for:

- Persons 65+ receiving care from others
- Those living with memory loss or other chronic conditions

Pre-assessment required to determine eligibility.

Cost: Suggested donation based on sliding fee scale, \$0-\$45 per day. | Space is limited.

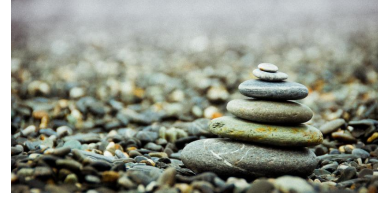
Interested in learning more? Contact Lisa at 612-787-4023 or

LHarrigan@esns.org.

Caregiver Support Groups

We're coming back to in-person meetings this summer, as well as adding some new dates and

times. Please contact Shay with any questions or if you need the link for the Zoom meetings.



Caregiver Support Groups

Monday | July 11 | 12:00-1:00 p.m. In-Person at East Side

Wednesday | July 13 | 1:00-2:00 p.m. via Zoom

Tuesday | July 19 | 2:00-3:00 p.m. via Zoom

LGBTQ+ Caregiver Group

Monday | July 18 | 1:00-2:00 p.m. via Zoom

For more info, contact Shay at 612-787-4076 or SMackKay@esns.org.

Caregiving Services are funded under contract with Trellis (formerly Metropolitan Area Agency on Aging, Inc.) as part of the Older Americans Act.

Vital Living Classes

Tai Ji Practice

Mondays | 10:30-11:30 AM

July 11-August 22 | Via Zoom

Improve your balance, strengthen your muscles and reduce the risk of falling. These one-hour practice sessions meet twice a week. Practice consists of warmup exercises, a mix of core Tai Ji forms and brief cooldown exercises. This class is recommended for those who have taken Beginner Tai Ji Quan and want more practice.



Questions? Contact 612-787-4086 or VitalLiving@esns.org.
Cost share donations accepted based on a sliding fee scale.

Returning Favorite!

Vital Fitness

In-person

Thursdays | 10:30-11:30 AM

Beginning June 30 & ongoing



We are back! After a long hiatus due to Covid, we are gathering once again for movement and fun. All abilities are encourage to come. A wide variety of balance, strength, and flexibility movements will be incorporated into this fun and social group class. Masks and physical distancing will be strongly encouraged. No cost. Pre-registration is helpful for planning purposes but not required.

Questions? Contact 612-787-4086 or VitalLiving@esns.org.

Vital Living Engagement

NE Day Spot Friend

Be the reason why someone looks forward to Fridays!

Time will fly while you are having fun as a friendly respite volunteer.

Spend your day engaged in a wide variety of activities with participants. Training for this position is provided with a focus on working with people experiencing memory loss.

Shifts are Fridays from 9:30AM-1:30PM. We ask that volunteers commit to 2-4 shifts a month so they become a familiar face to participants. Don't hesitate to be this special person that makes a tremendous difference in the lives of people with a chronic condition and their care partners.

Contact Michelle at VitalLiving@esns.org or 612-787-4086.

Resources for Vital Living

Accessible Transportation

East Side Neighborhood Services provides transportation for people 60+ living in North, Northeast, and Southeast Minneapolis and St. Anthony Village.

We are open for vaccine, medical, social need, and shopping trips. We are also available for small group outings. Accessible transportation available.

Not sure if you qualify or if your destination is part of our service area? Please call and check. You may be pleasantly surprised.



Cost: We use a sliding fee based on income

Available: Monday through Friday, 8am - 4pm

Call: Reservation line 612-787-4012

Nutritious Meals Delivered

Eastside Meals on Wheels delivers meals to homebound persons living in NE and SE Minneapolis, and St. Anthony Village.

Contact Eastside Meals on Wheels at 612-277-2529 or via email at info@eastsidemeals.org to register or volunteer.



Volunteer Delivery Drivers Needed!

What do delivery drivers do?

Drivers deliver lunch to clients on one of our routes, approximately 40 minutes long. They deliver the hot lunches ready at our office at 11:15 a.m. to 8 to 10 clients in our service area—zip codes 55413, 55414, and 55418. Delivery drivers hand the meal to the client in person and assist them if necessary. As a driver you will get to know the clients on your route and tell us if you notice anything wrong or different with them. We keep an eye out for our clients.

How often would I need to deliver meals?

You can select the amount of time you'd like to commit: one day per week, once a month, or twice a month. We provide delivery training and help learning the route.

Let's Do Lunch Café

Did you know there is a group of local older LGBTQ+ adults that **get together twice a month**? The folks at Let's Do Lunch Café have brought back the program! Their in-person or online lunch get-togethers are an excellent opportunity for social interactions and educational programs, all in a warm and welcoming environment. Participants have the option to order a lunchbox "on the house."



**Let's Do Lunchbox Café is held in-person at the at
the Danish American Center in Minneapolis
every 2nd Tuesday of the month & every 4th Friday of the month
from 11:30 AM to 1:30 PM
or on Zoom.**

To join Let's Do Lunchbox Café and reserve a spot, [please visit their website and sign up](#) for e-mail updates and look for the next zoom/lunchbox invite! Site location may change based on Covid-19 protocols. Join their [Private Facebook Group](#), or sign up for e-mail updates.

Let's Do Lunch Café is a [Friends & Co. \(formerly Little Brothers – Friends of the Elderly\)](#), [Prime Timers MSP](#) and [Rainbow Health \(Previously JustUs Health\)](#) Partnership, and endorsed by [East Side Neighborhood Services](#).

Senior Food Shelf Offering Home Deliveries

East Side's Senior Food Shelf is offering no-contact home deliveries for Hennepin County adults over 55 who are unable to visit the Senior Food Shelf. We'll provide a package that includes fresh fruits, vegetables, dairy, frozen meat and other non-perishable food items.



The Senior Food Shelf is open Mon - Fri from 9:30 AM-1 PM at our 1801 Central Avenue NE location, with practices in place to provide food assistance that are safe and meet seniors' unique nutritional needs. Hennepin County residents over the age of 55 with incomes at or below the 300% federal poverty guidelines are eligible to receive food assistance (for a family of one the upper limit is \$3190 per month; family of two is \$4310 a month). Eligible seniors and members of their household are each eligible to receive one package of 25-35 pounds of food each month.

Contact the Senior Food Shelf to see if you are eligible. Please call (612)788-9521 to learn more and to schedule an appointment at the food shelf or to receive a delivery. Leave a message if we're unavailable, and we'll call you back. For more info: <https://www.esns.org/metrofoodprograms>

Vital Living Guided Meditation

Take a moment to relax with a guided audio meditation! During high stress times, it's too easy to let self-care fall by the wayside. If caregiving for a relative, partner, neighbor, friend, or child is causing you stress, contact our Vital Living team at VitalLiving@esns.org for support and resources.



Vital Fitness Home Edition

Recordings Via YouTube

Improve balance, strength, and coordination with this online all-abilities exercise class. To see previous class recordings, please visit our [YouTube](#) page.



EAST SIDE Neighborhood



Services



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East Side Resources

[Senior Community Service Employment Program](#)

[Accessible Transportation](#)

[Senior Food Shelf](#)

[High-Rise Mobile Food Shelf](#)

East Side Neighborhood Services

1700 Second Street NE, Minneapolis, MN 55413

612-781-6011 <http://www.esns.org>